

all day breakfast!

we use free-run eggs, organics when possible & organic “st.john’s” bread

2 eggs (poached or scrambled) served w/ toast, potatoes, salad or tomatoes. 7.95
w/ bacon or “rowe farms” sausages. 8.95

good morning **poutine** is baked hashbrowns & aged white cheddar topped w/
hollandaise or miso gravy (sorry...no poutine on weekends). 7.50

poached egg **“blt”** w/ bacon, roasted tomato, red onion, spinach, chipotle mayo,
potatoes & a salad (sub avocado for bacon if you like...). 11.50

organic **tofu scramble** w/ shitakes, bokchoy, spinach, scallions, sesame & a bit
of a kick, served w/ basmati brown rice or potatoes, toast & a salad. 10.95
(sub 2 scrambled eggs for tofu if you like...)

“huevos rancheritos” 3 soft-scrambled eggs, chiles & cheese w/ chipotle
salsa, guacamole, smashed beans & a wholewheat tortilla. 11.50
(sub organic tofu add a buck)

“huevos migas” 3 soft-scrambled eggs w/ cheese, tomatoes, scallions & spicy
sausage, served w/ basmati brown rice n’ beans, sourcream, organic corn tortilla
chips & pico de gallo salsa. 11.50
(sub organic tofu add a buck)

aged white cheddar & spinach **waffles** w/ smokey tomato-orange cream,
scallions, bacon, roasted tomatoes & a salad. 11.50
(sub avocado for bacon if you like...)

baked **“crepe croque monsieur”** w/ ham, cheddar & miso-scallion cream,
served w/ poached eggs, spinach & potatoes. 11.50
(sub roasted vegetables for ham if you like...)

lady marmalade bennies

(all served w/ potatoes & a salad or fresh tomatoes w/ lemony hollandaise)

black forest ham OR spinach OR roasted tomatoes OR bacon 10.50
(add a topping for a 1.50)

fresh tomato & pesto. 11.50

roasted vegetables & aged white cheddar. 12.50

ham, red onion & chipotle mayo. 12.50

cheddar, bacon & mango. 13.50

brie, avocado & bacon. 13.50

sweets...

big bowl of **organic multigrain porridge** topped w/ cardamon-baked
apples, berry coulis, sourcream & brown sugar served w/ milk. 8.50

fresh fruit parfait layered w/ yogurt, granola, honey, & served w/ half a
toasted cinnamon bagel & berry coulis. 9.50

organic buckwheat **fresh fruit crepe** w/ lemony yogurt, house-made
cranberry-almond granola, berry coulis & honey. 10.50

daily baked **french toast** “bread pudding” style w/ fresh fruit & berry coulis.
10.50

sides...

montreal-style bagel & cream cheese. 2.95

“st. john’s” organic toast w/ butter & jam or peanut butter 2.95

salad, potatoes or smashed black beans 3.50

ham, bacon or “rowe farms” sausages 3.50

2 free-run eggs (poached or scrambled) 3.50

pico de gallo salsa, tomato-chipotle salsa, chipotle mayo or hollandaise sauce 2.50

fresh fruit cup 3.50 bowl 4.50

all day lunch!

bowl of good **soup** w/ bread. 5.95 cuppasoup w/ bread. 4.50

soup’n’green salad. 7.95

salads...

crunchy **thai slaw** w/ cilantro, mint, basil & peanuts in a sweet & spicy ginger
dressing. full 7.50 half 5.50

big green salad w/ sunflower & sesame seeds, greens, cabbage, carrot,
bokchoy,
tomatoes, cukes, red onions & green pepper in soya-ginger dressing. full 8.95 half
6.95 (vegan)

spinach salad w/ carmelized apples, squash & beets, blue cheese, red onion &
toasted pepitas, balsamic vinaigrette. full 9.50 half 7.50

(add bacon 2.50 or chicken 3.50)

...cash only!

sandwiches...

(served with green salad or cuppasoup)

the **real club** served on "st. john's" organic white sourdough w/ bacon, chicken, avocado, tomato, red onions & chipotle mayo. 10.95

"madre tierra" served on "st. john's" organic whole wheat sourdough w/ roasted eggplant, zucchini, peppers, beets, tomatoes, creamcheese & basil pesto. 10.50

avocado, brie & bacon baguette w/ spinach, red onion, mango salsa. 11.95

"blasted" **wild pacific salmon** sandwich served on "st. john's" organic white sourdough w/ avocado, mango salsa, chipotle mayo, scallions & cilantro. 11.95

chicken, bacon n' bluecheese baguette w/ spinach, roasted tomato, red onion. 11.95

mexican meatball baguette w/ avocado, chipotle salsa, aged white cheddar, red onions & cilantro crema. 11.95

la **"tortita-gordita"** baguette (fat little mexican street sandwich) w/ ham, cheese, avocado, black-beans, pico de gallo, pickled jalapenos, cilantro & mayo. 10.95

bowls...

brown rice bowl "baja style" w/ black beans, aged white cheddar, pico de gallo salsa, avocado, sourcream, scallions & cilantro. 10.50

good afternoon **poutine** is baked hashbrowns, aged white cheddar, chicken, bacon, blasted scallions, miso gravy. 9.95 (sorry... no poutine on weekends)

very mellow-yellow organic **tofu-vegetable curry** on brown basmati rice topped w/ scallions & cilantro. 11.50 (vegan)

rockin' morrocan **free-run chicken & vegetable stew** served on cous-cous and topped w/ sour cream, scallions & cilantro. 13.50

mexican meatballs in tomato-chipotle soup w/ basmati brown rice, aged white cheddar, avocado & cilantro crema served w/ a wholewheat tortilla. 12.95

add...

bacon 2.50 chicken 3.50 avocado 2. white cheddar 2.50 (to anything)

sweet...

our mom's brown-sugared apple crisp w/ vanilla ice-cream & berry coulis. 6.50

please inform us of any allergies

our menu has been designed for our kitchen, no significant meal modifications please

10% kitchen gratuity will be **added** to all take-out orders of **6 or more** meals

...and NO take-out on weekends...sorry...

...cash only!



lady marmalade

647.351.7645

898 queen street east @ logan ave

www.ladymarmalade.ca

mon-fri 8-4

sat & sun 8-3

...cash only...